

ABSTRACT OF THE DISCLOSURE

An object tracking method and an object tracking apparatus. Based on two or more frames of images acquired at different time points from an imaging unit, an image changing area is detected between the frames. Based on the image changing area thus detected, the position of an object is detected. The detected position of the object is set as a new detected position of the object in place of the present detected position of the object, thereby detecting and tracking an object intruding into a monitor area.